

ABSTRACT OF THE DISCLOSURE

2 A highly effective, efficient, and cost-effective  
3 improved volleyball practice device. Embodiments include a  
4 support beam holding one or more volleyballs in a suspended  
5 fashion so as to allow players to practice both offensive  
6 and defensive skills. Said volleyballs are arranged so that  
7 practice is both highly effective and efficient. That is,  
8 several players may practice at one time and in such a way  
9 that coaches can closely evaluate each players technique.  
10 Further, the present device is portable. This feature  
11 allows smaller groups of player to separate and focus on  
12 different aspects of the game. Finally, the present device  
13 is cost-effective, and therefore can be afforded by players  
14 that may not normally have access to traditional practice  
15 facilities. The improved volleyball practice device is  
16 thought to be most useful for effectively teaching players  
17 essential skills such as spiking and blocking.